



GROUP EXERCISE

Effective December 5, 2018. See other side for Cordata information.

DOWNTOWN

www.bellinghamathleticclub.com

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

REVOLUTION
Cycling
5:45-6:30 am
Jeremy

Power Pump+
5:30-6:30 am
Kate

Rise & Shine Bootcamp
5:30-6:30 am
Susan

Strong
5:30-6:30 am
Kate

REVOLUTION
Cycling
5:45-6:30 am
Jeremy

REVOLUTION
Cycling
6:00-6:45 am
Melissa

Jazzercise
7:15-8:15 am
Elena

PiYo
7:00-8:00 am
Melissa

Jazzercise
7:15-8:15 am
Elena

REVOLUTION
Cycling
7:15-8:00 am
Variety

Strong & Stable
8:30-9:15 am
Lesley

Strength & Stretch
8:30-9:15 am
Lesley

Strong & Stable
8:30-9:15 am
Lesley

Zumba
9:00-9:45 am
Tina

Jazzercise
8:30-9:30 am
Elena

Gentle Yoga
9:30-10:45 am
Elena

HIIT
9:30-10:30 am
Jeri

TBC
9:45-10:45 am
Tina

STEP & Pump
12:00-1:00 pm
Cindy

REVOLUTION
Cycling
12:00-12:45 pm
Lesley

Pilates
12:00-1:00 pm
Jennifer

REVOLUTION
Cycling/Strong
12:00-1:00 pm
Tina

Intermediate Yoga
12:00-1:00 pm
Elena

Gentle Yoga
4:15-5:15 pm
Elena

Weights for Women*
4:15-5:00 pm
Alexa

Weights for Women*
5:00-5:45 pm
Crystal

Jazzercise
5:30-6:30 pm
Elena

REVOLUTION
Cycling
5:30-6:15 pm
Jeremy/Melissa

Jazzercise
5:30-6:30 pm
Elena

Ripped
5:30-6:30 pm
Jeri

Yoga
6:45 - 8:00 pm
Frederica

Flow Yoga
6:45 - 7:45 pm
Liza

If new to class, please come a few minutes early to speak with instructor!

BAC policy requires a 3 participants minimum for a class to be held.

***Fee Required**

SILVER MEMBERSHIPS DO NOT INCLUDE CLASSES

A LIST OF ALL CLASS DESCRIPTIONS CAN BE FOUND ONLINE UNDER "GROUP FITNESS CLASSES"



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CORDATA

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	Insanity 5:45-6:45 am Heather		Insanity 5:45-6:45 am Heather	TBC (G) 5:45-6:45am Heather		
Retrofit (G) 8:30-9:30 am Sara		Retrofit (G) 8:30-9:30 am Sara		Retrofit (G) 8:30-9:30 am Lesley	Power Pump Challenge 8:30-9:45 am Heather	
Dance Bootcamp 9:00-10:00 am Tina	Zumba (G) 9:30-10:30 am Cindy	Cardio Mix 9:00-10:00 am Patti	Zumba(G) 9:15-10:15 am Cindy	Dance Your Abs off 9:00-10:00 am Patti	Zumba (G) 9:30-10:30 am Cindy/Maria	
Weights for Women* 9:15-10:00 am Crystal	HIIT 9:30-10:30 am Jeri/Patti	Stretch 10:00-10:15 am Patti	Yoga 9:15-10:30 am Michal	Weights for Women* 9:15-10:00 am Tiffany		
Strong 10:00-11:00 am Tina			HIIT (G) 10:15-11:15 am Tina			STEP 10:30-11:30 am Cindy
	Pilates 10:45-11:45 am Jennifer			Pilates 10:15-11:15 am Jennifer		
		TBC 12:00-1:00 pm Tina				
	Martial Arts* 4:00-5:15 pm Tanner		*Martial Arts 4:00-5:15 pm Tanner			
Power Pump 5:30-6:30 pm Heather	Kickboxing/Power 5:30-6:30 pm Leah	Zumba 5:30-6:30 pm Celine	Barre/Pilates 5:30-6:30 pm Lesley			
Boot Camp (G) 5:30-6:30 pm Jeremy	Weights for Women* 5:30-6:15 pm Alexa	Boot Camp (G) 5:30-6:30 pm Jeremy	Weights for Women* (G) 5:30-6:15 pm Alexa	Zumba 5:45-6:45 pm Celine		
					<p>If new to class, please come a few minutes early to speak with instructor!</p> <p>BAC policy requires a 3 participants minimum for a class to be held.</p> <p>(G) Class takes place in Gym</p> <p style="background-color: #ADD8E6; display: inline-block; padding: 2px;">*Fee Required</p>	